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Spring 2015

## Courtney DeRocher - YWCA of Black Hawk County

Courtney DeRocher

*University of Northern Iowa*

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# Courtney DeRocher - YWCA of Black Hawk County

## Robert and Yvonne Koob Fund for Student Community Engagement

Instructions: Please work with your internship supervisor to fill out this form. Once completed, return to Julianne Gassman [redacted]

**Name:** Courtney DeRocher

**Agency:** YWCA of Black Hawk County

**Intern's Phone Number and E-mail Address**

[redacted] [redacted]

**Organization Contact Person and Phone**

Cyndi Ritter

[redacted]

**Academic Advisor Person and Phone**

Angie Widner

[redacted]

**Future Plans for student:**

[redacted]

[redacted]

[redacted]

[redacted]

**What did you accomplish during your internship?**

My internship at the YWCA provided a full range of opportunities for me to be a part of. I was able to plan and facilitate multiple programs such as Young Parents Together, Parents Achieving Success with Support, and Wize Girlz. I was also able to plan a conference for over 130 middle school girls in the community called the Young Women on the Move conference. This conference was my biggest time commitment while at my internship and I was able to learn a lot from it.

**How did the internship benefit the student?**

As the student, I was able to benefit in many ways through this internship. I was provided a lot of hands on experiences involving planning for programs and facilitating programs. I was also able to build confidence while working with the different groups. Being able to plan the Young Women on the Move Conference helped me a great deal in my organizational and leadership skills.

**How did the internship benefit the agency?**

The internship benefited the agency because the intern was able to work on tasks they may not have had time to work on themselves. The intern was able to put a lot of time and effort into the Young Women on the Move Conference working on many of the behind the scenes tasks. There was a lot of work done involving recruiting volunteers, contacting speakers, collecting donations, and gathering all of the participant information from the school counselors.

**How does the internship benefit the community?**

The YWCA provides many great programs that reach out to the community. The intern was able to help implement these programs and help them be a success. Some of the programs that reach out to the community include programs like Young Parents Together, Parents Achieving Success with Support, and Wise Girlz. These are just a few of the programs offered at the YWCA that I have helped with as the intern to help reach out and benefit the community.

**(Student to complete) One quote that describes the experience gained from completing this internship (to be used for promotional materials; please specify author of quote)?**

“Being a part of the YWCA as an intern in the Youth and Family Services department, I have been able to gain skills and knowledge through the hands on experience I have been a part of. This experience has played a great role in providing a solid foundation for the start of my future career.” –Courtney DeRocher

**(Intern supervisor to complete) One quote that describes the impact the intern had on the community (to be used for promotional materials; please specify author of quote)?**

“Such determination and dedication proves more than giving back to the community—it’s lending oneself to make a change one day at a time.” –Dina Plum

**Please provide a reproducible photo of the intern in action at their internship for media purposes.**



Courtney with some of the Wize Girlz participants at a UNI women’s basketball game.